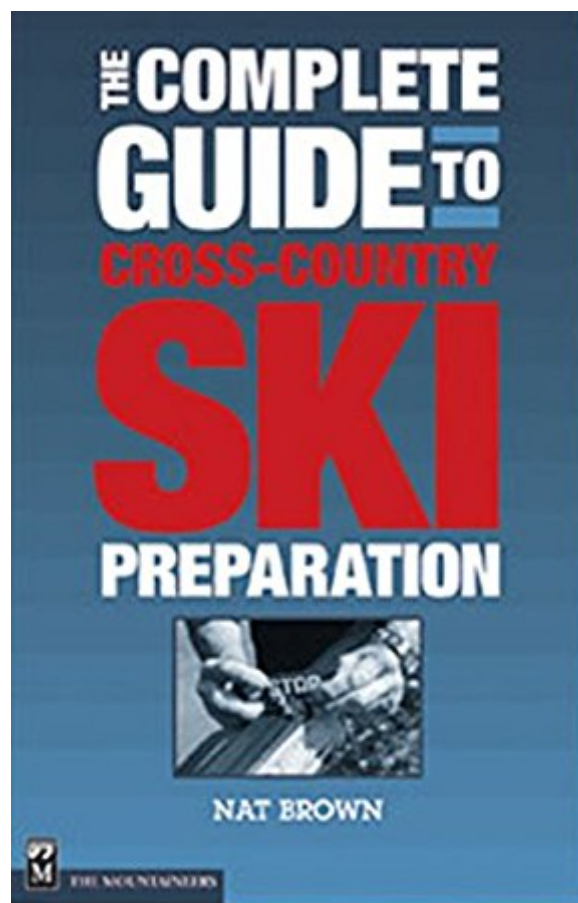


The book was found

Complete Guide Cross Country Ski Preparation



Customer Reviews

This is really the only waxing book for serious skiers. Perhaps a bit much for a novice. Given evolving waxing technology the reader will have to also read the latest wax company literature to stay up to date.

It's a good book but it assumes you now the basics of ski waxing. I was trying to obtain a book to learn how to wax skis, and I am still looking. It's worth buying for the advanced procedures covered but you will have to find another book to learn how to "wax skis".

The book is for all people in cross country skiing, not only for trainers, also for competitors, for every serviceman and for all amateurs. Only someone who has such a experiences from his work can write a book with knowledge for all. Or like Peter Hale wrote: " Since few skiers can just walk into a World cup or Olympic waxroom to see what's going on, this book is the next best think." I think that all we working in CC skiing can say just: " Thank you Nat for such a great present!" It's the best practical book of cross country skiing I've ever read.

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Ski Mountaineering Vol 1 - Western Alps: Western Alps v. 1 (Cicerone Winter and Ski
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